

The Oak Ridge Rowing Association operates on the philosophy that all rowers and coxswains have the right to learn the sport of rowing. To do so, each athlete needs a climate that is satisfying and productive and is not filled with disruptive behavior by other athletes. This document presents guidelines for maintaining such an atmosphere during practices, regattas, and other club sponsored events.

1. Rowers and coxswains will act in a mature and responsible manner and treat each other, coaches, parents, adults, and chaperons with respect. An athlete with a negative impact on the team will not be allowed to continue attending team functions. This includes but not limited to fighting/physical harassment, use of racial slurs, sexual harassment, promiscuous behavior, disobedience of authority, disruptive conduct, profanity and indecent gestures. While at the boathouse, on sponsored trips. This includes while on buses, in hotels, at restaurants and especially at the regatta site.
2. Theft of private property reflects negatively on the Oak Ridge Rowing Association and will not be tolerated.
3. No controlled substances (*drugs, alcohol, tobacco, or weapons*) will be allowed at rowing related functions. Food or drinks brought on trips can be confiscated or removed at the discretion of a coach or chaperon. All bags are subject to inspection
4. Destruction or vandalism of the ORRA Boathouse property as well as unauthorized access in unauthorized areas will not be tolerated.
5. Riding bicycles, skateboards or skates and other horse playing is not permitted in the boathouse or around ORRA equipment at any time. Playing of games (i.e. four square, Frisbee, est.) at the boathouse is not permitted without the permission of the Coach.
6. Junior Members under 18 are not allowed in the Boathouse without adult supervision. Juniors arriving early should wait outside or under breeze way until a designated coach or parent is on site.
7. The Coach's office is for conversations with the coach and not to be used as a lounge.
8. Loitering in the parking lot is not allowed.
9. Curfew will be set by the Coach and enforced by the chaperons. No one is allowed out after curfew.
10. Failure to wear official uniform to regattas will result in suspension from that event.
11. Juniors are required to wear shirt or a cover (no bare chest or sport bras) when on boathouse property or in the inlet returning from practice. Unless actively working out or given permission from Coaches. This is for the rower's safety.
12. Public Display of Affection must be keep to minimum and in good taste. While Juniors are in a hotel room other than assigned or in room

- of a member of the opposite sex, doors are to be left open.
13. No rower is allowed to drive themselves to any away regatta. Rowers must have written permission from parent prior leaving regatta site.
14. Rowers and coxswains will arrive on time to practice, races, and any other scheduled ORRA Junior Crew event.
15. Rowers and coxswains will not miss practice without notifying the Coach 24 hours in advance. Please write down and place in Coach's box, email or call boathouse. Rowers and coxswains will not miss a regatta without notifying the Coach 7 days in advance.
16. Parent/ guardian with written notification may excuse injury and illness 24 hours of absence. These notices will be placed in athletes file. If athlete is being treated by or following direction from medical Personnel because the athlete has a long-term injury the Coach will address on a case-by-case basis. Written doctors release forms are required to return to practice after missing more than 5 days of practice due to illness.

### **ENFORCEMENT**

Failure to abide by the rules expressly written here, or given verbally by a Coach or Chaperon, may result in removal from the line-up, immediate suspension from events or dismissal from the ORRA Junior Rowing Program. The Coach in consultation with all parties involved will determine all penalties for violations. Individuals and will be held responsible for any damage to any equipment, rooms, buses, and etcetera. As well as parents being responsible for damages caused by actions. Parents may be required to retrieve a suspended or dismissed rower or coxswain from a trip at their own expense.

Athlete Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_